



RECOVERY & PREVENTION  
RESOURCES  
of Delaware and Morrow Counties

# Morrow County Mentoring Program

Morrow County Prevention  
2006 Summary Report

Included in this report:

Youth Mentors Avoid 2  
Use of Alcohol, Tobacco  
or Other Drugs

Little Buddies Benefit 2  
from Being Mentored  
by Older Students



## PROGRAM HIGHLIGHTS

- Over 40% of all participants improved in each of the 4 social and emotional competencies taught in the program.
- 54% of participants improved in at least two of the areas of social competencies taught in the program.
- 98.1% of the youth mentors maintained abstinence throughout the program.
- 27.3% of mentors increased their perception of harm about the use of substances by the end of the program.

## Morrow County Mentoring Program

The Morrow County Mentoring Program is a prevention program for at-risk youth. The focus of the project is the Big Buddies/ Little Buddies program, which is implemented in all four school districts in the county. In the Buddies program, middle and high school students serve as mentors to elementary school children.

All mentors are screened and trained. The younger children who are referred to the program have identified risk factors including alcohol or drug risk factors, poor school performance, single parent families, poor peer relationships, poor social skills, inadequate parenting, etc.

Additionally, the project is designed to provide alcohol and drug prevention activities throughout the year including education on drug, alcohol, and tobacco use; drug and alcohol free events; social skills education; relationship and team building activities; service learning projects and other supervised and supported activities.

The program provides interaction, recreation, tutoring, and an ongoing relationship between the Big Buddies and Little Buddies. It is designed to provide a service opportunity for older youth who serve as positive role models. For the Little Buddies, it is an opportunity to develop a strong relationship with an older youth who serves as a positive role model.

Mentoring is well documented to address many risk factors that lead to drug and alcohol use. The older students gain leadership skills, participate in after school activities, experience and learn about volunteering and service, and increase their self-concept by serving as a role model. The elementary students gain support of an older youth as a role model and develop knowledge and skills in peer relationships.

During the 2005-2006 school year, schools from each of the districts in Morrow County participated in Morrow County Mentoring Program. 77 youth mentors were trained and matched with elementary students this year.

The Big Buddies/ Little Buddies program matches a younger child with an older youth, one on one.

## Youth Mentors Improved in Social and Emotional Competencies Taught in the Program

One of the goals of the youth mentoring program is to increase the number of social and emotional competencies taught in the program. The social and emotional competencies taught in the program include: communication skills, sense of purpose, problem solving skills, and responsiveness.



- 54% of participants improved in at least two of the areas of social competencies taught in the program.

- 48% of the participants improved communication skills.
- 42% of the participants improved problem solving skills.
- 42% of the participants improved their ability to respond to the needs of their Little.
- 42.3% of participants improved their sense of purpose by the end of the program.

## Youth Mentors Avoid Use of Alcohol, Tobacco, and Other Drugs

During the 2005– 2006 school year, 77 youth mentors enrolled in the program from each of the four districts in the county.

Youth mentoring has been documented as a way to address many risk factors that lead to alcohol, tobacco, and other drug use. During the 2005– 2006 school year a great majority of the youth mentors maintained abstinence throughout the program.

- 98.1% of the youth mentors maintained abstinence throughout the program.
- There was no reported use of marijuana or inhaling something to get high by any of the youth mentors in the program.
- 98.2% of the youth mentors re-

ported no anticipated use in the next 30 days at the end of the program.

- At the end of the program, 100% of youth mentors reported planning to abstain from smoking in the next 30 days.
- 98.2% of the mentors reported planning to abstain from alcohol for the next 30 days.
- 89.1% of the youth mentors thought that it was not okay for their friends to use any substances.
- 52% of youth mentors reported that using all substances poses “ A LOT” of harm.
- 27.3% of mentors increased their perception of harm about the use of substances by the end of the program.



## Little Buddies Benefit From Being Mentored by Older Students

Research has correlated the positive effects of mentoring with improved social skills and school performance in the younger students.

The social skill areas in which Little Buddies benefit include:

- confidence
- competence
- caring

Little Buddies also improved their school performance as a result of being mentored. Areas of improvement include:

- academic performance
- attitude towards school
- use of school resources

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